

# Sticky Toffee Pudding



## Ingredients for Sponge:

- 100g Self Raising Flour, plus extra for dusting
- 100g Pitted / Stoned Dried Dates
- 88g Soft Dark Brown Sugar
- 26g Soft Butter
- 2 Tablespoons Golden Syrup
- 1 Egg
- 1 Teaspoon Vanilla Extract
- 1 Teaspoon Bicarbonate of Soda



## Ingredients for Toffee Sauce:

- 100g Soft Dark Brown Sugar
- 100g Butter
- 200g Double Cream



**Bring an 18 x 18cm square baking tin and a piece of tin foil to cover the tin at the end of the lesson.**

**You will also need a small plastic container to take home any spare toffee sauce.**

## Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Grease an 18cm square baking tin thoroughly with oil and line with a piece of greaseproof paper.
3. Crack the egg into a small bowl.
4. Place the butter and sugar into a large plastic bowl and whisk together using an electric whisk. Slowly add the golden syrup, egg and vanilla extract to the butter mixture and continue mixing.
5. Turn the whisk down to a slow speed and then add the selfraising flour. Once all the ingredients are combined, turn off the electric whisk.
6. Place the dates in a saucepan with 150ml water. Place the saucepan on the front of the hob and bring to the boil.
7. Remove the saucepan and place on a pan stand and purée the water and date mixture using a hand held blender.
8. Add the bicarbonate of soda. While it is still hot, quickly add this mixture to the large plastic bowl and mix together with a white plastic stirring spoon.
9. Once the mix is combined, pour into the prepared tin and bake for 25 to 30 minutes until the top is just firm to the touch.
10. Remove the pudding from the oven and allow it to cool in the tin.
11. Turn out of the tin and cut into squares.
12. To make the sauce, place the butter and sugar in a small saucepan and melt. Add the cream and gently heat and bring to the boil. Simmer for a few minutes until the sauce reaches the desired consistency.
13. To serve, reheat the sponge in a microwave, or for five minutes in a 180°C oven. Place onto a plate with lots of the sauce on top and a scoop of custard or vanilla ice-cream if you wish.